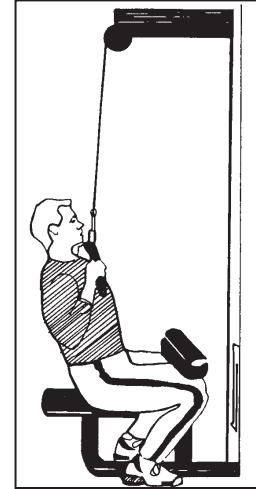


## 5601 - Modular Lat Pulldown

Read and understand all instructions and warnings prior to using this machine. See Chapter 1, *Safety* in the Modular Owner's Manual or consult with floor staff.

1. Adjust thigh pads to allow access and stabilization while exercising.
2. Select appropriate resistance.
3. Grasp bar and sit down, securing knees under thigh pads.
4. Lean back slightly at hips and maintain position throughout movement.
5. With chest up and shoulders held back, pull bar down in front to upper part of chest. Your elbows should move down to the sides of your body.
6. Return to the start position and repeat.
7. Lift/lower resistance with smooth, controlled movements.



**NOTE:** Grasping the bar excessively wide or narrow, does not increase muscular effectiveness. It only decreases your range of motion.

